

1-800-BETS OFF

IOWA GAMBLING TREATMENT PROGRAM

IN THE PAST 12 MONTHS...

Have you become **restless, irritable** or **anxious** when trying to stop or cut down on gambling?

Have you tried to **keep your family or friends** from **knowing** how much you gambled?

Have you had to **get help with living expenses** from family, friends or welfare as a result of your gambling?

Gambling problems are hard to talk about.

People around you just don't understand.
But there is someone who does.

The person at the other end of a call to
1-800-BETS OFF. We won't judge you.
We listen. Then we get you the help you need.

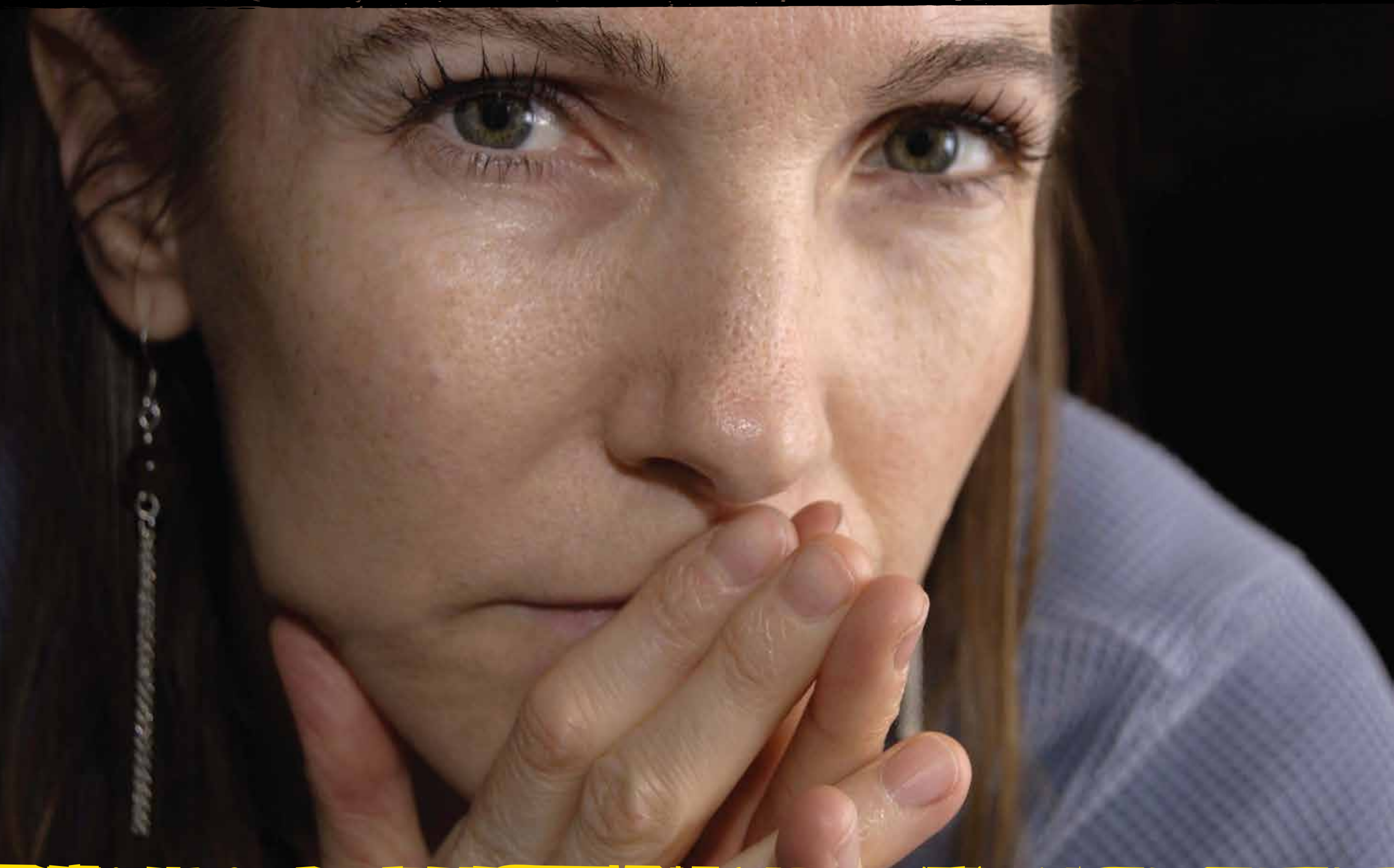


Office Name
000-000-0000 | www.1800BETSOFF.org
email@email.com

Optional
Logo

1-800-BETS OFF

IOWA GAMBLING TREATMENT PROGRAM



The Iowa Gambling Treatment Program funds services to help prevent and reduce harm caused by problem gambling.

Services include:

Statewide Help Line providing information and referral assistance

1-800-BETS OFF www.1800BETSOFF.org

Outpatient Treatment for Problem Gamblers, Family and Concerned Persons

- Individual, group and family counseling
- Financial counseling, including budgeting and debt reduction plans
- E-Therapy options
- Recovery support

Prevention, Education & Outreach

- Schools
- Businesses
- Professional organizations
- Community groups
- Health care providers
- Behavioral health providers



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Almost **9 in 10 Iowans gamble**. Most see it as a form of recreation. And for many, it is.

But not for about 15% of adult Iowans — they develop a symptom of problem gambling.

BE IN THE 85%

Iowans now have more choices about the help they receive. **Services are available in person, by phone, through secure chat or video.** Talk with a counselor about your options and whether e-therapy is right for you.

Help will find you. Wherever you are.



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IDPH
Iowa Gambling
Treatment Program

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